Workrave installation instructions

Click on the Start Menu > Control Panel

Click ‘Uninstall a program’. If the ‘Uninstall a program’ option is not available, ensure that View By: Category is selected.
Locate ‘Workrave’ in the list and click ‘Uninstall’

If you are prompted with the following window click ‘Yes’

If you are prompted with the following click ‘OK’

Restart your computer to complete the removal of workrave.